LIGHTWORKS

June 1996 *Issue 100*

Mind-Body Healing

On June 6, 1996, we will explore the world inside each of us: the Innate Intelligence of Life Force and its connections to all - facet personal transformation. Dr. Julianne Bruskewicz, DC will facilitate an informative and enlightening discussion on Mind - Body Healing, how we can be transformed by enriching this special connection, and how improving our relationship with Self will improve our relationship to our Mother Earth and those around us.

Dr. Julianne Bruskewicz, DC is a licensed Chiropractor and is currently in private practice at the Network Chiropractic Center of Raleigh. She is a practitioner who utilizes Network Chiropractic Spinal Analysis, a gentle yet profound Chiropractic technique that increases the body's natural healing capacities. Along with her Chiropractic and Nutritional Studies, she has studied Acupuncture and meditation. She has also been a co-facilitator of Women's Healing Retreats.

Through her work with hundreds of individuals, she has seen how life-changing that connecting to our true essence can truly be.

Please see inside this newsletter for information about the Saturday workshop.

Lightworks newsletter is published monthly (except July) by the Raleigh, North Carolina Chapter of Spiritual Frontiers Fellowship International, P.O. Box 12773, Raleigh, NC 27605-2773.

Mind-Body Healing

Dr. Julianne Bruskewicz, DC
Thursday, June 6, 1996
Meditation ~ 6:30 p.m.
Lecture ~ 7:15 p.m.

Lecture and Meditation Information

Lectures and meditations are held on the first Thursday of every month at the lower building of the Unitarian Universalist Fellowship on 3313 Wade Avenue, Raleigh, NC. There is a $5 suggested love offering.

Meditations begin at 6:30 p.m. To respect the special energy created during meditations we ask for your consideration in arriving on time.

Lectures begin at 7:15 p.m. following the meditation. We look forward to seeing you on Thursdays!

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Co-Editor and Designer: *Tara Welcker*

Co-Editor and Writer: *Kristen Fox*

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Karma, or past spiritual debts, can be resolved in the dream state.

Eckankar, Religion of the Light and Sound of God, teaches how to resolve fears, karma, and other impediments to spiritual unfoldment through dreams.

To receive a free information packet, call (919) 571-9580 in Raleigh and mention this notice.

© Eckankar

Spiritual Spelunking

by Kristen Fox

We go adventuring in caves for similar reasons that we climb mountains - because they're there. But, unlike the view from the side of the mountain, when you're in a cave you can see only the tunnel in which you're standing.

THE MOST BEAUTIFUL THING WE CAN EXPERIENCE IS THE MYSTERIOUS.

Albert Einstein

To me, the concept of spelunking is very similar to that of spiritual evolution. No matter how long you stare at the cave entrance, you're not going to find the treasures until you go within. But what keeps many people hovering around the entrance is fear of the unknown. It's dark and unpredictable and lots of icky, crawly things could be waiting to jump in your hair!

So what makes you take that first step while others only stand outside and point into the darkness? It's that gut feeling that says, "I want to know." When the timing is right, that gut feeling is stronger than any fears your brain can manufacture. So take a deep breath, and plunge into the unknown, because the only way to make an unknown into a known is to experience it for yourself.

That uncertain period between what's unknown and known is what's called leaping empty-handed into the void. When you enter your cave, you have to leave the outside world behind. It's just you and your light, which illuminates only as far as the next turn in the tunnel.

But luckily, as an advanced spiritual scout, you've also remembered to pack your Cave Kit, which includes your own personal "knowns" of Consciousness, Clarity, Confidence, and Courage. These knowns don't depend on the outside world for their existence and can follow you wherever you go.

So, who's up for a treasure hunt?

Advertising in Lightworks

Ads *(camera ready art)*:	
Business Card *(3.5"x2")*	$ 10
Vertical Card *(2"x3.5")*	$ 15
1/4 Page Ad *(2.5"x3.75")*	$ 20
1/3 Page Ad *(3.25"x7.5")*	$ 30
1/2 Page Ad *(5"x7.5")*	$ 45
Full Page Ad *(7.5"x10")*	$ 90
Other sizes, inserts:	call Kim Kasdorf at 833-4188
Ad Design & Layout Charge:	$40/hour, call Tara Welcker at 755-0835
Announcements:	
Up to 50 Words	$ 10
Up to 100 Words	$ 15

Deadline for Next Issue: July 4, 1996

Send your ad and payment to **Lightworks** *at the address on the back page. Make checks payable to* **Spiritual Frontiers Fellowship**. *We reserve the right to edit any submissions for reasons of style, clarity or space.*

Trance Work and Psychic Insights

Receive insights from higher realms in psychic readings and transmissions channeled through me, or through you in guided trance states. You can meet with spirit guides, recall past lives, understand relationships, life missions, esoteric knowledge, and more. Call for an appointment. Intuitive Counseling and Hypnotherapy, Su Geringer, Ph.D., (919) 833-5333.

Eckankar Worship Service

Fourth Sunday, 11 a.m., 6112 St. Giles Street, Room 303, Raleigh, 571-9580

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Aura Photos
May 31
June 1

The Revolution of the Millenium: 1996-2003
An Astrological Perspective

A talk by Randy Wasserstrom, professional astrologer

Unity Center of the Triangle, Thursday, June 6, 1996, 7-9 PM

Randy Wasserstrom, a professional astrologer, will discuss the revolutionary changes that began January 12, 1996 when uranus, the planet of revolution, entered Aquarius, the sign of revolution. These changes, which will continue until 2003, represent the heralding of the Age of Aquarius and dramatic shifts in consciousness for we as individuals and for "we" as a planet. The fee is $20.00. Unity Center of the Triangle is located at 2308 Wake Forest Rd., Raleigh. Call 233-7601 or UCT at 832-8324 for further information.

MEDITATION FOR THE UNITED NATIONS

Symbolizing hope for cooperation, equality, and justice among nations, the United Nations arose fifty years ago out of Humanity's bitter experience in the two world wars. Today, those who overlook the horrors resulting from a world at odds with itself assail the United Nations as unnecessary. Nonetheless, the U.N. and its various agencies have quietly improved the lot of the world's peoples for half a century. During that time, the U.N. has hosted the development of a new paradigm in international relations. This new paradigm, called group concensus, differs sharply from an international politics of dominance and control. The way of the future, group concensus promises to be the dynamic of the Aquarian Age, during which time the greatest good of the greatest number will hold our attention. The U.N. stands for this ideal of group consciousness. A world without the U.N. would be one without a forum for group settlement of differences. Thus, you are invited to practice the following meditation in support of the United Nations. Your loving mind energy, focused toward the desired results of a well-functioning U.N., can make a positive difference.

1. Relax and focus within. Picture Planet Earth as it would be from space. Focus on your natural love and appreciation for our globe, a precious creation. Feel love for the beauty of the natural landscape - plants, animals, mineral world, air and sky, and all waters of the planet. Send a wave of love to the natural environment of our planet, saying thank you for the beauty and health they provide.

2. Picture the many peoples of our planet. Focus on your natural loving care, concern, and well-wishing for all persons. Send a wave of divine love, kindness, and hope to all.

3. Picture all peoples and governments throughout the world turning in unison to face in the direction of the United Nations General Assembly Hall, symbolizing a united Humanity.

4. Picture a wave of love and hope flowing from all people toward the General Assembly, the symbol of the One Humanity. See this wave of love and hope as <u>flowing golden substance</u>, uniting the hearts of all people everywhere with the heart of the One Humanity. Picture and creatively see this flowing golden substance entering the United Nations and empowering it to accomplish its aims.

5. Picture this flowing golden light-substance radiating out from the U.N. to all the countries, governments, and peoples of Earth. See the entire planet blessed, healed, restored, and uplifted by this flowing golden light-substance. Picture all parts of the globe nurtured equally and richly.

6. Close your meditation with the affirmation, "I give thanks that this is now divinely so." Go forth with peace and goodwill.

PAID FOR BY MAUREEN TEMPLE RICHMOND, (919) 846 - 8554.

Changes in the SFF Board

June marks the last month of Kim Kasdorf's leadership of the SFF Raleigh Board. After many years as Chairperson, Kim is passing the torch to our new Chairperson, Kim Wise. But don't worry, Kim Kasdorf isn't leaving SFF, he's looking forward to his new position in mailing services.

Kim Wise was previously our Director of Programs and Vice-Chairperson and she's very excited about her new responsibilities as Chairperson. Kim is in the process of assembling her team of board members. If you're interested in serving your community, we are currently looking to fill the Treasurer position and the Newsletter Editor position. Please see the announcements on this page for more information.

Opportunity Knocks!

The SFF Board is looking for a new Treasurer. Sandy Demeree, our current Treasurer, has gotten our books into great shape and is ready to turn them over to her successor. Sandy guarantees that with her help, you'll have an easy and well-organized transition. If you have bookkeeping/ accounting skills, have access to a Windows capable computer, and you're interested in contributing your talents, this is your moment. As the SFF Treasurer, you will have a full board position, entitling you to free lectures and workshops. You'll also join a great group of people. . . please call Kim Wise at 846-8444 and leave a message.

Lightworker Wanted

The Newsletter Editor position is also available. Tara Welcker and Kristen Fox. our current Co-Editors, have transformed the newsletter appearance and streamlined the production process, and are ready to turn it over to a new Editor. They promise to work with you during the transition and share the nuances of this job with you. If you are interested in volunteering, you could provide a great service to the community and to SFF. Our newsletter is the primary vehicle for communicating our information to the Triangle community. Applicants must have access to a computer and experience with desktop publishing and graphics software. As the Newsletter Editor for SFF-Raleigh, you'll have a full Board position, access to free lectures and workshops and you'll work with a great group of people. Call Kim Wise at 846-8444 to apply.

Workshop

Body-Mind Reconnection Day

Dr. Julianne Bruskewicz, *DC*
Dr. Mark Trell, *DC*
Elizabeth Trinkaus, *LMT and Pre-Cognitive ReEducator*
Maryann Andrews, *Meditation Facilitator*

Saturday, June 6, 1996
10:00 a.m. - 3 p.m.

Through experiencing various nurturing mind-body techniques: Meditation, Pre-Cognitive ReEducation, and Network Chiropractic Adjustments, you will explore that special connection between your mind, body, and true essence. Come join us on this special healing day as we change the world... a spine at a time!

$50 for the entire workshop.
Location to be announced.
Please contact Kim Wise at 846-8444 to register.

Community Services

Hands On Soul
Angelic Healing and Channeling
Debbie Prevost ♥ 919-493-4207

Let yourself soar with the angels and remember who you really are! The angels are light-hearted and give pure love, the finest nourishment for body, mind and soul. Explore your soul purpose and important soul lessons; heal the beliefs and feelings that contribute to physical and emotional imbalances; discover what it's like to feel cherished for the beautiful being that you are. One-hour appointments available for channeling only. 90-minute and two-hour appointments are a combination of channeling and hands-on angelic healing. In Raleigh at Dr. Julianne Bruskewicz's lovely office on Ridge Rd. on May 11 and June 8. In Carrboro at the delightful Inner Spaces ("the angel store") on May 4 and June 15. $50/hour. Call for a brochure or to make an appointment. Ask about Earth Angel Training.™

Raleigh Area Chapter Board Members

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Co-Editor & Writer	*Kristen Fox*	833-6866
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Our Mission

At Spiritual Frontiers Fellowship Raleigh, our mission is to enhance the spiritual, mystical and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

Upcoming Events

July *No Meeting*

August *To Be Announced*

Lecture and Workshop Tapes

With permission from our speakers, we make audio tapes of Thursday night lectures and weekend workshops. If you would like a tape, please fill out an order form at the donation desk on Thursday nights. We need your advance payment to cover our costs of duplication.

Lightworks Subscriptions

Subscriptions to Lightworks are free, although we gratefully accept donations. After deducting advertising revenues, it costs us about $9.27 a year to send you Lightworks. If you enjoy receiving Lightworks, please consider sending a donation to help us cover publishing and mailing expenses.

If you are moving, or wish to discontinue your subscription to Lightworks, please write to us or call Kim Kasdorf at 833-4188.

Spiritual Frontiers Fellowship International

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